

Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet. This information is about how to 'up the fruit and veg' at your place - for yourselves and the planet.

# REDUCE FRUIT AND VEGETABLE WASTE

## Did you know:

NSW households waste 1/3 of the fresh food (such as fruit and vegetables) they buy? **This amounts to the average household throwing away about \$1,000 a year!**

When we waste food we also waste all the resources it took to grow and produce that food. And rotting food in landfill produces greenhouse gases too.

For the sake of our planet and ourselves let's work to reduce this waste.

## SO WHAT CAN YOU DO TO REDUCE FRUIT AND VEGETABLE WASTE, SAVE MONEY AND HELP THE PLANET?

### 1. Plan your meals



Look at what is in your pantry, fridge and freezer. Look at the seasonality guides for fruit and veg. Then make a meal plan for the week that includes using up what you have and choosing in season fruit and veg. It only takes 10-15 minutes but will save you money and time on your shopping trips.

### 2. Write a shopping list



Based on your meal plan, write a shopping list. Try to stick to it. If you do see some great seasonal fruit and veg specials, think about if you will use them before they go bad.



### 3. Store your fruit and veg properly



Did you know that you can extend the life of fresh fruit and veg by storing them properly? A handy storage guide can be found at [healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources)

### 4. Use leftovers



Prepared too much food? Reuse leftover fruit and vegetables in other meals and snacks. Store leftovers correctly and use them quickly. Put 'eat me first' signs on leftovers so they get used.

### 5. Avoid landfill

What if you aren't going to be able to eat all your fruit and vegetables? Fruit and vegetables in landfill produce greenhouse gases. Check out this food recovery hierarchy for the steps you can take to reduce this happening.



**For more information and many other great resources on reducing fruit and vegetable waste go to:**

- Love Food Hate Waste, NSW: [lovefoodhatewaste.nsw.gov.au](https://lovefoodhatewaste.nsw.gov.au)
- Food Wise: [foodwise.com.au](https://foodwise.com.au)
- Half Your Plate, Canada: [halfyourplate.ca](https://halfyourplate.ca)

